[illegible]

(Klum kaar fan-tua)

[illegible]

(Hōng sūmud kijakram phbek kan)

50 [illegible] — [illegible] Kernel.

[illegible]

(Etut phlen thi kaar brian tot yao yai gai)

[illegible] 90 [illegible] - [illegible] BDNF ([illegible]) [illegible] - [illegible]

[illegible] (AA) [illegible] Kernel [illegible] ([illegible]) [illegible] — [illegible] GABA [illegible]

[illegible] — [illegible] Phase 3 (Session [illegible]) [illegible] — [illegible]: [illegible]; [illegible]. [illegible]. [illegible].

[illegible] (Translation note: No direct translation provided as this	[illegible] [illegible]:	[illegible] (Note: The provided text is already in Thai, so no translation was performed. The requested output is directly the original text.)

appears to be a category or heading. The Thai term for "Activity Type" can be used as is.)		
[illegible] (Note: The translation provided follows the standard Thai language conventions without spaces between words as requested.)	[illegible], [illegible], [illegible]	[illegible], [illegible], [illegible]; [illegible] (Karan peun damen, akar phumii, lae testonin; khon wijarak ruan chiwit ruen sangkam kathat kar ged)
[illegible] (Note: The translation provided follows the standard Thai language conventions without spaces between words as requested.)	[illegible] [illegible] [illegible] [illegible] (Wela thi dan nua kaek panha dai ying samman sema lan khuep tong kathin)	[illegible] GABA, [illegible], [illegible]
[illegible] ([illegible]) [illegible]: [illegible] liên hệ: [illegible]: 1323	[illegible], [illegible], [illegible]	[illegible]; [illegible]
[illegible] (Note: The translation provided follows the standard Thai language conventions without spaces between words as requested.)	[illegible]	[illegible] [illegible] [illegible]
[illegible]	[illegible], [illegible]	[illegible] сит [illegible], [illegible], [illegible] [illegible] 2

(Note: The translation provided follows the standard Thai language conventions without spaces between words as requested.)	□□□□□□□□□□□□, □□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□	

[illegible] 1

[illegible]

(Assessment of natural pain relief use and physical well-being compatibility with mental health of users)

[illegible] - [illegible]

[illegible] - [illegible]

[illegible] · 3-5 [illegible] · [illegible] · [illegible]: [illegible]

[illegible]: [illegible] ([illegible]) - [illegible]. [illegible] NHSO/FDA [illegible]. [illegible] (ya ba/ya ice) [illegible] - [illegible].

[illegible]: [illegible]: 1323

[illegible] - [illegible] 30. [illegible].

[illegible]: [illegible] '[illegible] 30 [illegible]. [illegible]. [illegible] - [illegible]' [illegible]. [illegible]. [illegible].

[illegible] ([illegible]) [illegible]

[illegible] - [illegible] · 8-10 [illegible] · [illegible] · [illegible]: [illegible]

[illegible] - [illegible]

[illegible]: [illegible] ([illegible]) [illegible]/[illegible] [illegible] ('[illegible]' / '[illegible]?') [illegible]

[illegible] ([illegible]/[illegible]) [illegible] ([illegible]: [illegible]: [illegible]: 1323)

[illegible]
[illegible] - [illegible]
[illegible]

[illegible] [illegible]

[illegible] · 5 [illegible] · [illegible] · [illegible]: [illegible] [illegible]

[illegible] [illegible]

[illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] **BDNF** [illegible] [illegible] [illegible] [illegible] [illegible] **([illegible])** [illegible] [illegible] [illegible] [illegible]

[illegible] · 3-4 [illegible] · [illegible] · [illegible]: [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] (1-50 [illegible] [illegible]) [illegible] [illegible] [illegible] [illegible] [illegible] ךחא[illegible]

[illegible]

[illegible] · 5 [illegible] · [illegible] · [illegible]: [illegible] [illegible]-[illegible]

[illegible] [illegible] ([illegible]) [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible]: **[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] 5 [illegible] jumping jack [illegible]**

(Translation: How to play: Stand in a circle. The facilitator starts by saying someone's name and tossing the object. The person receives it, says another name and tosses it. Round 1: just names. Round 2: add one word about that person as you toss ('Marcus - steady'). Round 3: add their type ('Sofia - Worrier'). Keep it fast. Drop it? Everyone does five jumping jacks and starts over.)

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] · 10 [illegible] · [illegible] · [illegible]: [illegible]

*[illegible] [illegible] [illegible] [

[illegible] 2

[illegible]

[illegible] — [illegible]

(Note: "Worrier" translated as "[illegible]" to reflect the context of anxiety or concern, not a literal translation of "worrier" as a person who worries constantly.)

[illegible] — [illegible]

[illegible] 3-4 [illegible]
[illegible]: [illegible] ךומנ

[illegible] - [illegible] - [illegible] 4 [illegible]. [illegible]

[illegible]: [illegible]: '[illegible] - [illegible] - [illegible]' [illegible] 4 [illegible]: [illegible]

[illegible] — [illegible] 60 [illegible]

[illegible] · 5-7 [illegible] · [illegible] · [illegible]: [illegible]

[illegible] '[illegible]' [illegible]

[illegible]: [illegible] 3-4 [illegible] '[illegible]' - 10 [illegible] '[illegible]'

[illegible]: [illegible] - [illegible]

[illegible] • 3 [illegible] • [illegible] • [illegible]: [illegible] ךומנ

[illegible] - [illegible]. [illegible]. [illegible].

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[illegible] · 8-10 [illegible] · [illegible] · [illegible]: [illegible]

[illegible] 60 [illegible]

[illegible]: [illegible] ([illegible]) [illegible]: '[illegible]' '[illegible]' [illegible] **60** [illegible]

[illegible]: [illegible] — [illegible]

[illegible] - [illegible] · 8-10 [illegible] · [illegible] · [illegible]: [illegible] נמוך

[illegible] Kernel [illegible]

[illegible]: [illegible] ([illegible]) [illegible] **(Kernel phrase)** [illegible] "[illegible] — [illegible]" [illegible]

[illegible] **erapeutic -** [illegible]

[illegible] • 10 [illegible] • [illegible] 8-15 [illegible] • [illegible]: [illegible]-[illegible]

[illegible]

[illegible]: [illegible] ([illegible]) [illegible] **5-8** [illegible]

[illegible] **(dopamine)** [illegible] **(oxytocin)** [illegible] **8** [illegible] — [illegible] **(co-regulation)** [illegible]

[illegible] · 15-20 [illegible] · [illegible] · [illegible]: [illegible] נמוך

[illegible] - [illegible], [illegible], [illegible] - [illegible] [illegible], [illegible]

[illegible]: [illegible] ([illegible], [illegible], [illegible]) [illegible]. '[illegible] **15** [illegible], [illegible]. [illegible], [illegible], [illegible] [illegible]. [illegible]. [illegible].' [illegible] [illegible]. [illegible], [illegible] [illegible]. [illegible].

[illegible]: [illegible]: **1323**

[illegible] **(parallel play) —** [illegible] — [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] - [illegible] · 5 [illegible] · [illegible] [illegible] · [illegible]: [illegible]

[illegible] - [illegible] [illegible] [illegible] [illegible]

[illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] - [illegible] **(**[illegible]**)**

[illegible] [illegible] — [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

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□□□

[illegible] [illegible] 'Zap'

[illegible]: [illegible] (**[illegible] 'Zip'**) [illegible] **2** [illegible] [illegible] **30** [illegible]: [illegible] **'Zip'** - [illegible] **'Zap'** - [illegible] **'Zip'** - [illegible]

[illegible] **ernel:** [illegible]

[illegible] · 5 [illegible] · [illegible] · [illegible]: [illegible]

[illegible] - [illegible], [illegible], [illegible] - [illegible];

[illegible]: [illegible]. **[illegible]:** [illegible] **'Zip'.** [illegible] **'Zap'.** [illegible] **'Zip' -** [illegible]. **[illegible]:** [illegible] **10** [illegible]. [illegible].

[illegible] **-** [illegible]

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(Klam nang)

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[illegible]

[illegible]

[illegible]

[illegible] ([illegible]/[illegible]) [illegible] — [illegible]

[illegible]: [illegible]/[illegible] [illegible]: [illegible]: 1323

[illegible] αι [illegible]

(Taiwakan kar thong haeng huong hoang samran kham kait kijkkram)

[illegible]

[illegible]...	**[illegible] NHSO/FDA [illegible] **[illegible]:** [illegible] liên hệ: [illegible]: 1323**
[illegible]	[illegible] → [illegible] → [illegible]
[illegible]	[illegible] → [illegible] → [illegible]
[illegible]	[illegible] → [illegible] → [illegible]
[illegible]	[illegible] → [illegible] → [illegible]
[illegible]	[illegible] → [illegible] → [illegible]
[illegible]	[illegible] → [illegible] → [illegible] (Dinnang dwy ka thwae klap → kra thun → khwaam roo soth dae nae sad)
[illegible]	[illegible] → [illegible] → [illegible]

[illegible]	[illegible]
[illegible]	[illegible] → [illegible] → 30 [illegible]
[illegible]	[illegible] → [illegible] → [illegible] (Kwaam chadjeen nam yen → Kaar khang klang tao haeng → Rup bat sud thaai khon ei)
[illegible]	[illegible] - [illegible]
[illegible] 5 [illegible]	[illegible] (2 [illegible]) [illegible] [illegible] (1 [illegible]) [illegible] [illegible] (3 [illegible])
[illegible] - [illegible]	[illegible] Toss ([illegible]) → [illegible] ([illegible]) → [illegible] ([illegible])

[illegible]

(Kham wa hua rao khon kham brikar kar phop chaan cha n)

[illegible] ([illegible]/[illegible]) [illegible] 10 ([illegible]) [illegible] — [illegible]

[illegible] — [illegible], [illegible], [illegible] GABA, [illegible], BDNF, [illegible]. [illegible]. [illegible]